There follows a listing of the significant issues responded to by WFXR-TV Roanoke/Lynchburg VA, along with the most significant programming treatment of those issues for the period January 1, 2013 to March 31, 2013. The listing is by no means exhaustive. The order in which the issues appear does not reflect any priority or significance.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
Community Service	FOX 21/27 TEN O'CLOCK NEWS	1/11/13	10P	60 min.	Twenty kids from the Church of the Holy Spirit in Roanoke donated gently worn coats to those in need. The coats were collected earlier this month throughout the Roanoke Valley. Organizers say the kids are learning valuable lessons about giving back to their community and beyond.
Education/ Community	FOX 21/27 TEN O'CLOCK NEWS	1/16/13	10P	60 min.	A member of the Roanoke County Fire and Rescue Department receives recognition from the governor's office for his efforts teaching fire safety to local students.
Education	FOX 21/27 TEN O'CLOCK NEWS	1/16/13	10P	60 min.	Starting this fall, high school graduates from Roanoke, Craig and Botetourt Counties will be able to attend Virginia Western Community College with financial assistance through the C-Cap Program.
Health/ Community	FOX 21/27 TEN O'CLOCK NEWS	1/21/13	10P	60 min.	LewisGale Medical Center is announced as on of America's 100 Best Hospitals for critical care. They also received a 5 star rating for the 2013 Healthgrades Distinguished Hospital Award for Clinical Excellence.
Health	FOX 21/27 TEN O'CLOCK NEWS	1/23/13	10P	60 min.	Fresh food options are a focus at Roanoke Memorial Hospital's cafeteria. There are a lot of lean meats, fresh fruits and vegetables to choose from. Drink prices will go up and the more sugar they have the more expensive they will be. Their snack machines will also provide nutrition information before purchasing an item.
Local Business/ Charity	FOX 21/27 TEN O'CLOCK NEWS	1/29/13	10P	60 min.	A Salem salon owner uses her business to raise money for charity. Employees are paying to not have to wear the black dress code they normally follow. The SPCA was the first charity to receive a donation.
Environment/ Community	FOX 21/27 TEN O'CLOCK NEWS	1/30/13	10P	60 min.	Twenty Roanoke police officers volunteered their time to be a part of Operation Clean Sweep. They picked up trash along 13 miles of I-581 and filled up 129 bags of litter in just five hours.
Health	FOX 21/27 TEN O'CLOCK NEWS	2/5/13	10P	60 min.	A new study finds that the morning is the best time to hit the gym, before your morning meal. The study showed that those who exercised before breakfast burned more body fat.
Community Service	FOX 21/27 TEN O'CLOCK NEWS	2/13/13	10P	60 min.	Goodwill launches a new program to help women across our region find jobs. The program is called beyond jobs and will help women not only with their job search but also with financial planning.

Description of Issue	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
Health/ Technology	FOX 21/27 TEN O'CLOCK NEWS	2/25/13	10P	60 min.	The Virginia Department for the Blind and Visually Impaired demonstrated several innovations at its Roanoke office. They include computer programs and phone apps. The goal is to help the visually impaired get and keep jobs by removing as many limitations as possible.
Education	FOX 21/27 TEN O'CLOCK NEWS	2/25/13	10P	60 min.	The national graduation rate has jumped to more than 78% for the first time in decades. Research shows the US in on track to graduate 90% of high school students by the class of 2020.
Health	FOX 21/27 TEN O'CLOCK NEWS	2/26/13	10P	60 min.	LewisGale hospital will partner with Special Care Hospital Management to provide a new service to help people fight drug and alcohol addiction. The in-patient program is called New Vision and is for people with acute withdrawal symptoms and other health related issues.
Technology/ Safety	FOX 21/27 TEN O'CLOCK NEWS	2/27/13	10P	60 min.	The American Red Cross is putting life-saving information in the palm of your hands with the launch of an official tornado app. The app is free and available today in English and Spanish for users of iPhones, iPads and Android smartphones and tablets. The app includes several features such as a high-pitched siren and tornado warning alert that lets you know when a tornado warning has been issued in your area.
Health/ Technology	FOX 21/27 TEN O'CLOCK NEWS	3/11/13	10P	60 min.	General Electric is teaming with the NFL in an effort to improve diagnosis and treatment for brain injuries. 60 million dollars will be used to research brain injuries and develop new technologies to help protect the brain from traumatic injury.
Business/ Charity	FOX 21/27 TEN O'CLOCK NEWS	3/13/13	10P	60 min.	Firehouse Subs presented Roanoke and Salem Fire-EMS with a grant for more than 15-thousand dollars to buy new thermal imaging cameras. The cameras pick up heat signatures and allow firefighters to find people in burning buildings or detect fires burning in walls
Safety	FOX 21/27 MORNING NEWS	1/2/13	7A	120 min.	A member of the Roanoke County Fire and Rescue department receives recognition from the Governor's office for his efforts teaching fire safety to local students.
Community Service	FOX 21/27 MORNING NEWS	1/9/13	7A	120 min.	A Roanoke County seven year old proves you don't have to be big to make a difference in the community. Instead of toys, Alayna Dragoo, asked for cans of food for Christmas so she could help people who were hungry.

Description of	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
Issue					
Education/ Funding	FOX 21/27 MORNING NEWS	1/10/13	7A	120 min.	Doctor Rita Bishop, the Superintendent for Roanoke City Schools, was honored with the VH1 Save the Music Foundation Administration Award for distinguished support of music education.
Local Business/ Travel	FOX 21/27 MORNING NEWS	1/11/13	7A	120 min.	State Senator John Edwards has been fighting to bring Amtrak back to the Star City and believes the goal is within sight. City Council plans to have passenger trains run through Roanoke by 2018.
Weather/ Business	FOX 21/27 MORNING NEWS	1/16/13	7A	120 min.	2012 was known for a lot of things, including the horrible drought. Smith Mountain Lake dropped about 5 feet because of the lack of rain, and even farmers struggled to keep their fruits and vegetables healthy. Finally some much needed rain fell throughout the viewing area over the last 24 hours.
Safety	FOX 21/27 MORNING NEWS	2/6/13	7A	120 min.	Data Drive Approaches to Crime and Traffic Safety, or DDACTS for short, reduced violent crime last year in the Roanoke City Police Department's Zone 2, which is the northeast part of the city, by 75 percent during one period last year. Roanoke Police Chief Chris Perkins briefed city leaders on the DDACTS initiative Monday morning at a city council workshop.
School Safety	FOX 21/27 MORNING NEWS	3/8/13	7A	120 min.	Whether it is new signs, or an assigned police officer, several agencies in Montgomery County are working together to keep Megabus and Smartway riders from using Falling Branch Elementary in Christiansburg as a pit stop.
Safety	FOX 21/27 MORNING NEWS	3/11/13	7A	120 min.	A Roanoke County company has created a new device to improve driving safety. It is called, "ORIGOSafe," and works as an ignition interlock system that requires drivers to place their phone on a docking station before their car can start. Clay Skelton, who invented the device, said he came up with the idea to help reduce distracted driving.
Schools/Charity	FOX 21/27 MORNING NEWS	3/20/13	7A	120 min.	Franklin County High School students are making a difference by putting down their books to teach preschoolers the value of giving back. It's part of the FCCLA's national outreach project and it's giving young kids a "License to Feed." Jessica Leftwich, FCCLA advisor, says the tots and teens are teaming up to raise money for the FCCLA's hunger outreach. To raise money high school classes sponsor each of the kids on racing on bikes.

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Driving Safety	FOX 21/27 MORNING NEWS	3/21/13	7A	120 min.	Students in our area experience the dangers of texting while driving first-hand. AT&T and 'Drive Smart Virginia' are working together to bring the 'It Can Wait' movement to teens across the state. Students from Hidden Valley High School in Roanoke got to test-drive a virtual reality simulator while texting to see the real-life challenges. The software gives the students scenarios like cars changing lanes and people crossing the street.
Politics	FOX NEWS SPECIAL	1/21/13	10A	90 min.	FOX News Coverage of the Presidential Inauguration ceremonies and parade. FOX News covered the Inauguration of President Barrack H. Obama and Vice President Joe Biden.
Politics	FOX NEWS SPECIAL	2/12/13	8P	105 min.	FOX News Special: President Barrack Obama delivered the State of the Union Address to the Nation. His address was followed by the Republican Response delivered by Senator Marco Rubio.
Politics	FOX NEWS SUNDAY	1/6/13	9A	60 Min	Guests: Democrat Chris Van Hollen and Republican Jim Jordan Topic: From automatic spending cuts to raising the debt ceiling, to paying for Uncle Sam to open, the battle lines are drawn. How will that fight play out?
Politics	FOX NEWS SUNDAY	1/13/13	9A	60 Min	Guests: Neera Tanden of the Center for American Progress and Larry Pratt from Gun Owners of America Topic: With Vice President Biden about to release his plan to prevent more massacres, the battle lines in Washington are already forming. Both sides in the gun debate are gearing up for a fight over tighter controls. Who will win?
Politics	FOX NEWS SUNDAY	1/20/13	9A	60 Min	Guests: David Plouffe, senior adviser to the president and, Roy Blunt, a member of the Senate Republican leadership. Topic: From the debt debate to immigration reform, to a resurgent Al Qaeda how will the president pursue his agenda, and a place in history?
Politics	FOX NEWS SUNDAY	1/27/13	9A	60 Min	Guests: Air Force Colonel Martha McSally, the first female U.S. combat pilot, and, Army Lieutenant General Jerry Boykin Topic: The Pentagon lifts the ban on women in combat. As the gender barrier falls, there are still questions whether women should serve in the infantry and special operations.

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Politics	FOX NEWS SUNDAY	2/3/13	9A	60 Min	Guests: Mark Kelly, husband of former Congresswoman Gabby Giffords, and Wayne LaPierre, head of the National Rifle Association. Topic: The debate over guns gets even more intense. A dramatic hearing on Capitol Hill underscores the deep divisions over how to prevent mass shootings.
Politics	FOX NEWS SUNDAY	2/10/13	9A	60 Min	Guests: House Democratic Leader Nancy Pelosi and Senator John McCain. Topic: President Obama prepares to address the nation Tuesday, facing a buzz saw of issues automatic spending cuts, gun control, immigration reform, and the resurgent Al Qaeda.
Politics	FOX NEWS SUNDAY	2/17/13	9A	60 Min	Guests: Senator Lindsey Graham Topic: As GOP senators demand more answers about the Benghazi terror attacks, the White House charges they are playing politics with national security.
Politics	FOX NEWS SUNDAY	2/24/13	9A	60 min.	Guests: Republican Tom Coburn, and Democrat Claire McCaskill. Topic: It's five days and counting until those automatic spending cuts kick in. From defense, to food inspection to travel at airports, what happens when \$85 billion in cuts are triggered Friday? And what are the chances for a last-minute deal?
Politics	FOX NEWS SUNDAY	3/3/13	9A	60 min.	Guests: Mitt Romney and Ann Romney Topic: An interview with the couple on their thoughts about the candidacy, the election and how the president is handling things since being re-elected.
Politics	FOX NEWS SUNDAY	3/10/13	9A	60 min.	Guests: Republican Paul Ryan Topic: House Budget Committee chair Paul Ryan will give us an exclusive preview of his new budget. Plus, tell us what he discussed with the president, over lunch this week.
Politics	FOX NEWS SUNDAY	3/17/13	9A	60 min.	Guests: Democrat Dick Durbin and Republican Bob Corker Topic: President Obama reaches out to all members of Congress, just as House Republicans and Senate Democrats come out with dramatically different blueprints for our fiscal future. What are the chances for a compromise?

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Politics	FOX NEWS SUNDAY	3/24/13	9A	60 min.	Guests: Nicolle Wallace, former advisor to President Bush, and Gary Bauer of American values. Topic: With the Supreme Court ready to hear two cases this week, the rights of same sex couples hang in the balance.
Politics	FOX NEWS SUNDAY	3/31/13	9A	60 min.	Guests: Mark Kelly, husband of Gabrielle Giffords Topic: One hundred days after Newtown, Congress gets ready to vote on new measures to prevent mass shootings. But is the call to action starting to fade?
Crime	COPS	1/5/13	8P	30 min.	Officers from the Sacramento Police Department confront a suspect attempting to run from the police and find him in possession of methamphetamines. Next, officers from the Portland Police Bureau in Oregon stop a reckless driver. Finally, the Sacramento Police Department responds to an assistance call after a woman claims that her neighbor stole two of her marijuana plants from her backyard.
Crime	COPS	1/5/13	8:30P	30 min.	In an encore of the milestone 25th season premiere of COPS, patrolmen from the Toledo Police Department in Ohio respond to a domestic disturbance call involving a woman and her boyfriend, whom she claims threatened her with a knife. Next, when a feral zebra is found running through city streets, the Sacramento County Sheriff's Department must work with ananimal trainer to contain the zebra so it can be returned to safety. Finally, the Police Bureau in Portland, OR responds to a disturbance call involving a suspect carrying a large stick and a rock chasing another man on a highway overpass.
Crime	COPS	1/19/13	8P	30 min.	The Kansas City Police Department in Missouri trails a stolen vehicle, but the suspect drives off-course, abandons the vehicle and escapes into the woods. Later, the Kansas City Police Department takes a man into custody after they receive a call from a resident claiming the suspect was armed and threatened him with the gun. Finally, officers from the Las Vegas Metropolitan Police Department interrogate the driver of a vehicle that hit a female pedestrian, and later they find alcohol in the vehicle.

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Crime	COPS	1/19/13	8:30P	30 min.	The Portland Police Bureau catches a man and a woman engaged in lewd activity in a vehicle, and upon closer investigation, they discover an unused meth pipe in the backseat. Next, the Alameda County Sheriff's Office goes undercover and conducts a prostitution sting at a hotel. Finally, two officers from the Las Vegas Metropolitan Police Department confront an underage prostitute on the Vegas Strip.
Crime	COPS	2/2/13	8P	30 min.	The Atlanta Police Department responds to an officer assistance call after a suspect flees from the police, and upon further investigation, they discover that the suspect's vehicle was stolen. Then, officers from the Kansas City Police Department confront two teenagers in possession of concealed weapons. Finally, officers from the Hillsborough County Sheriff's Office in Florida interrogate two occupants of a car for suspicious drug activity after they discover a large amount of prescription pills in the vehicle.
Crime	COPS	2/2/13	8:30P	30 min.	Officers from the Newport News Police Department in Virginia stop a man riding his bike and discover a concealed weapon in his possession. Next, officers from the Broward County Sheriff's Office respond to a burglary in progress call after the homeowner's eldest son punched several windows in an attempt to break into the home.
Crime	COPS	2/9/13	8P	30 min.	Officers from the Las Vegas Police Department investigate a woman who refused to pay her taxi fare. Then, the Portland Police Bureau questions two men after officers receive two separate calls regarding a fight involving a knife. Finally, officers from the Broward County Sheriff's Office respond to a robbery-on-foot call involving a tourist chasing after a man who allegedly stole his gold necklace.
Crime	COPS	2/9/13	8:30P	30 min.	A suspect crashes his car into an innocent victim's vehicle, but when he flees the scene, officers from the Kansas City Police Department find drugs and a gun in the abandoned car. Next, the North Las Vegas Police Department responds to a domestic dispute call involving two roommates and an alleged physical altercation. Finally, the Chattanooga Police Department stops two men driving from the residence of a known drug dealer.

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Crime	COPS	2/23/13	8P	30 min.	A chase ensues after officers from the Portland Police Bureau attempt to make a traffic stop and the suspect runs on foot to his home. Then, officers from the Kansas City Police department respond to a call from a local convenience store about a man being chased by another man with a knife. Finally, officers from the Portland Police Bureau respond to reports about a man riding his bicycle naked in downtown Portland, and later they discover he was protesting global warming.
Crime	COPS	2/23/13	8:30P	30 min.	Officers from the Alameda County Sheriff's Office question a man riding a bicycle, but when the suspect runs away, the police find him at his residence hiding in his daughter's bed. Next, officers from the Newport News Police Department locate three suspects sitting inside a car and search the vehicle after noticing drugs being hidden between the seats. Finally, the Chattanooga Police Department responds to a domestic disturbance call following a report that a man threatened to attack his girlfriend with a brick.
Crime	COPS	3/2/13	8P	30 min.	Officers from the Sacramento Police Department confront a suspect attempting to run from the police and find him in possession of methamphetamines. Next, the Portland Police Bureau in Portland, OR, stops a driver for reckless driving, and later they suspect the driver of a DUI. Finally, the Sacramento Police Department responds to an assistance call after a woman claims that her neighbor stole two of her marijuana plants from her backyard.
Crime	COPS	3/2/13	8:30P	30 min.	The Kansas City Police Department in Missouri trails a stolen vehicle, but the suspect drives off-course, abandons the vehicle and escapes into the woods. Later, the Kansas City Police Department takes a man into custody after officers receive a call from a resident claiming the suspect was armed and threatened him with the gun. Finally, officers from the Las Vegas Metropolitan Police Department interrogate the driver of a vehicle that hit a female pedestrian, and later they find alcohol in the vehicle.

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Crime	COPS	3/9/13	8P	30 min.	Officers from the Portland Police Bureau must assist an older man after he crashes his car into a sign, takes off on foot and collapses after complaining of heart problems. Then, the Las Vegas Metro Police Department attempts to stop a van after it makes multiple traffic violations, and the officers discover possible stolen items and crystal meth in the suspect's pocket. Finally, officers from the Rialto Police Department in California respond to a domestic disturbance call after a couple engages in a heated disagreement over a damaged wall.
Crime	COPS	3/9/13	8:30P	30 min.	Officers from the Newport News Police Department in Virginia stop a man riding his bike and discover a concealed weapon in his possession. Next, officers from the Broward County Sheriff's Office respond to a burglary in progress call after the homeowner's eldest son punched several windows in an attempt to break into the home. Finally, following a domestic disturbance call in Palm Beach, FL, a man is taken into custody for evaluation after he denies firing bullets in his residence.
Crime	COPS	3/16/13	8P	30 min.	Officers from the Sacramento Police Department catch a suspect attempting to run from the police and discover meth in his possession. They question his girlfriend and take him into custody, and he makes an unexpected proposal. Then, two officers from the Kansas City Police Department are called to check out a burglary in progress and discover a man hiding in the attic. Finally, officers from the Amarillo Police Department respond to a domestic disturbance call and question two brothers caught in a fight over a business matter.
Crime	COPS	3/16/13	8:30P	30 min.	Officers from the Las Vegas Police Department investigate a woman who refused to pay her taxi fare. Then, the Portland Police Bureau questions two men after officers receive two separate calls regarding a fight involving a knife. Finally, officers from the Broward County Sheriff's Office respond to a robbery-on-foot call involving a tourist chasing after a man who allegedly stole his gold necklace.

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Crime	COPS	3/23/13	8P	30 min.	Officers from the Las Vegas Metro Police Department question a young woman who appears to be soliciting prostitution, but she denies the accusation despite prior arrests. Later, officers from the Chattanooga Police Department respond to a call involving a father and son who got into a physical altercation involving alcohol. Finally, officers from the Portland Police Bureau chase after a suspect who begins to run when they flash their lights on him, and they find out that he tried to get rid of his methamphetamines to avoid being sent to rehab.
Crime	COPS	3/23/13	8:30P	30 min.	The Atlanta Police Department responds to an officer assistance call after a suspect flees from the police, and upon further investigation, they discover that the suspect's vehicle was stolen. Then, officers from the Kansas City Police Department confront two teenagers in possession of concealed weapons. Finally, officers from the Hillsborough County Sheriff's Office in Florida interrogate two occupants of a car for suspicious drug activity after they discover a large amount of prescription pills in the vehicle.
Crime	COPS	3/30/13	8P	30 min.	Officers from the Newport News Police Department in Virginia put a stop to a pursuit in progress and deal with an unstable suspect who claims to have called the police for assistance. Next, a routine traffic stop in takes a turn when officers from the Alameda County Sheriff's Office find a bag of marijuana and evidence of a pending transaction through text messages. Finally, the Las Vegas Metro Police Department respond to a domestic violence call after a man and his stepson engage in a heated verbal argument.
Crime	COPS	3/30/13	8:30P	30 min.	A suspect crashes his car into an innocent victim's vehicle, but when he flees the scene, officers from the Kansas City Police Department find drugs and a gun in the abandoned car. Next, the North Las Vegas Police Department responds to a domestic dispute call involving two roommates and an alleged physical altercation. Finally, the Chattanooga Police Department stops two men driving from the residence of a known drug dealer.
Health	THE DOCTORS	1/1/13	12P	60 min.	Is your body trying to tell you something? The Doctors reveal subtle signs that, if unnoticed, could cost you your life. Plus, one disease is afflicting 65 million Americans, and most people don't know they have it. Find out if it's affecting you.

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Issue					
Health	THE DOCTORS	1/9/13	12P	60 min.	Learn your health numbers. Which ones are too high and which ones are too low? What you can eat to slash bad cholesterol and four ways to lower your blood pressure. How much protein is too much? Plus, three foods that may increase your sex drive.
Health	THE DOCTORS	1/16/13	12P	60 min.	America's worst flu outbreak in a decade is crisscrossing the nation. Get vital information on how to protect you and your family! And, will the flu shot really help?
Health	THE DOCTORS	1/21/13	12P	60 min.	Lose weight in eight seconds, minutes, days or weeks! Top signs you're an emotional eater and how to stop. Simple kitchen swaps to slash calories. And delicious 100-calorie snacks. Plus, taking pictures of your food may help you lose weight.
Health	THE DOCTORS	1/23/13	12P	60 min.	Life-saving questions you must ask before tests, treatments and surgeries. Plus. tips for picking the right physician and hospital. And, find out the important difference between a cosmetic and a plastic surgeon.
Health	THE DOCTORS	1/30/13	12P	60 min.	The Doctors tackle your biggest fears about the flu. Anti-viral or anti-bacterial medicines: What's the difference? Plus, new health gadgets: track calories burned from your wrist, listen to music through your cheekbones and more!
Health	THE DOCTORS	2/1/13	12P	60 min.	Stay fit while watching football! Get low-cal food swaps for your favorite game-day snacks. Then, defensive end Shawne Merriman shares offseason health tips. And, helmets and head injuries: how safe is your child on the field?
Health	THE DOCTORS	2/7/13	12P	60 min.	A mother hears her son's voice for the very first time. See the cutting- edge procedure that restored her hearing after 15 years of silence. Then, should your child take a break from ADHD medicines? Plus, are you over-treating your skin and hair?
Health	THE DOCTORS	2/15/13	12P	60 min.	Feeling anxious, overwhelmed or just plain unlucky? Turn it all around with tips from special guest Dr. Phil's new book, "Life Code: The New Rules for Winning in the Real World." Plus, chronic stress can kill you. Learn how to take a deep breath and relax.

Description of	Program/Segment	Date	Time	Duration	Narration of Type and Description of Program/Segment
Issue					
Health	THE DOCTORS	2/22/13	12P	60 min.	The Doctors debate controversial headlines during Friday News Feed. Plus, new procedures to extract kidney stones. And objects small children swallow – learn when to worry. Then, do you mix your cocktails with diet soda? Find out why you should stop.
Health	THE DOCTORS	2/27/13	12P	60 min.	Eating healthy but still packing on the pounds? You could be stuck in a food trap! The Doctors reveal the truth about foods you THINK are healthy. Then, why you shouldn't drink OJ when you have the flu! And, four items NO kitchen should be without.
Health	THE DOCTORS	3/7/13	12P	60 min.	Boost your mood, increase your energy and improve your health. Lifestyle expert Moll Anderson reveals top decorating tricks to revitalize your well-being. Then, Jessica Alba's stroke scare. And, a cutting-edge cure for migraines. Could it work for you?
Health	THE DOCTORS	3/11/13	12P	60 min.	In a daytime exclusive, Hollywood legend Valerie Harper, perhaps best known for her iconic role as Rhoda on <i>The Mary Tyler Moore Show</i> , sits down with The Doctors in her first television interview since announcing she's been diagnosed with terminal brain cancer.
Health	THE DOCTORS	3/14/13	12P	60 min.	Say NO to high-in-pesticide produce! Actress Kelly Preston takes The Doctors on a tour of her organic garden. Learn how to grow your own! Plus, foods that raise your good cholesterol, how cayenne pepper can jump-start your metabolism and more.
Health	THE DOCTORS	3/21/13	12P	60 min.	Toxic chemicals hiding in everyday products could be making you sick! Plus, how BPAs in foods could speed up your child's development. Then, The Doctors help one family stage an intervention to try and save their heroin-addicted daughter. Will she accept their help?
Health	THE DOCTORS	3/25/13	12P	60 min.	Know your health numbers and how to use them. Too high? Too low? Finding out could save your life. Learn which foods lower bad cholesterol and tips to decrease blood pressure. And, are you getting enough potassium and vitamin D?